



Achieving your goals



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I've recently been reading a piece about achieving your goals and the importance of having clarity on what you are aiming for and what you desire in life.

I know it all sounds a bit of a cliché but it got me thinking about where I am going in my life, what I want from it, and also the goals and aspirations of those in the industry I work alongside.

I would like to propose it is more likely that we all go through phases of action, focussed attention and achievement, and then have a bit of a lax time to recharge before we go again. That is human nature.

It is an inescapable fact that at different times in our lives the importance of certain things change and our focus on what is important changes with that. It is important to understand this reality and build it into our thinking when we set our goals.

For instance, when you look at yourself in the mirror, do you consider that all those wrinkles and laughter lines are the result of experience and are well earned? As women, we are constantly told to try to eliminate them, but why should we? They are an important part of who we are and help to tell our story, our successes and failures, lessons learnt, a life lived, and goals achieved.

Let's face it, talking about planning, goals, and desires in life can vary greatly depending on what you do. In my case,

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I compartmentalise different aspects of my life to help me focus on what my priorities are. I put family and friends in the first compartment, leisure time, interests and desires in the second, and then in the third is work, both paid employment and volunteering.

These compartments may at times be separate, have some overlap, or overlap a lot, and inevitably, at different times, they come into focus or fade into the background, but I never forget them.

I was once asked what my passion was. It sounded really lofty and

something I wanted to keep secret for fear of ridicule. So I thought about renaming it. The regular synonyms 'desire', 'rage', 'lust', and 'craving' couldn't really describe it, and I certainly couldn't imagine facing a bunch of truck drivers, whether male or female, and asking what their passion, craving, or desires were. That would definitely be asking for a few smart comments back.

The closest I got to and a word that best describes the interaction between the dreaded 'passion' and the enthusiasm that is the key to achieving your objectives was 'zeal'.

Zeal, I felt, would not only be acceptable to my colleagues but also describes how many of them feel about the equipment they work with and the job they do. It is no secret that those with a zeal for what they are doing will make the most of it and achieve their goals.

If you review what has happened with the things important in your life, then you can see if you've achieved life satisfaction out of those areas and you will often find that the more zeal you have had for something, the higher will be your level of satisfaction.

Call it balance if you like, but despite my holidays never seeming to balance with my work, I get a lot of personal satisfaction from both and both help me get to where I want to go. Perhaps, I have a zeal for holidays! ■